



TRURO LOG

DECEMBER 2010/JANUARY 2011

TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

JASON ROBICHEAU

Jason Robicheau is the Department of Public Works person in charge of maintenance at the Truro Community Center. He handles all crises calmly and with a smile. Jason has been on Family Leave to help with his newborn twins. He says that it will be a good balance when he comes back to work - eight hours of caring for his daughters and eight hours of caring for the Community Center.

Jason, a three generation native Wellfleetian, now lives in Eastham. His wife, Erin Rich Robicheau, came from Brewster and they met at Nauset Middle School but only started dating as seniors at Nauset. Truro's David Foster is her uncle.

Jason is a man of many parts. After high school, he received an Associates Degree in Audio-Visual Engineering intending to work in recording studios for the music industry. He then returned to the Cape and decided to attend Anna Maria College in Worcester as a business major, but he met a terrific history teacher and received a B.A. in History of Political Science. When he graduated in 2000, he and Erin got married and bought a house in Grafton. Erin worked as a physical therapist assistant. Eventually they moved back to Eastham because Erin's mother was ill. Jason learned glassblowing and established his own studio, Wellfleet Glass Works, in a building his parents owned in Wellfleet.

Jason's first daughter was born in 2005 and his second in 2007 so he needed a job with benefits and went to work in Hyannis. He got a commercial drivers license and an equipment operator's license. With that under his belt, he landed a seasonal job with the National Seashore for 1 year.

In 2008 Jason got, "the perfect job with the Truro DPW." The twins were born this fall and Jason, with his father, who is a carpenter, made their unfinished attic into a bedroom for their oldest daughter. Playing guitar is a pastime for Jason and he plays lullabies for his children. He is looking forward to coming back to work on Dec. 6, and we are also looking forward to that day.. In the future, when the children are in school, Jason plans to go back to glassblowing and create a studio in his basement and teach his daughters how to blow glass.

Welcome back Jason! Truro hopes to see the whole tribe some day soon!

By Katherine Stillman

Log Editor

WE WISH YOU A
HAPPY AND SAFE
HOLIDAY SEASON

SUSAN
KATHERINE
DONNA

MARYELLEN

DAVID - NANCY

DENNIS - CHUCK

FARNEY & BOBBIE

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Think Twice About Unwanted Medication Disposal

There is a simple four-step process to safely dispose of unwanted or unused medications. Instead of flushing these items down the toilet or pouring them down a drain, you can throw them away with your household trash. Most of Cape Cod's trash is incinerated at 2,000° at a waste-to-energy plant where the emissions are closely controlled and monitored. Trash can also be put into a landfill away from our water source. Throwing away unwanted medications will stop pharmaceuticals from flowing into Cape Cod's underground source of fresh drinking water as well as our lakes, ponds, rivers, and coastal waters where they can harm our local fish and wildlife.

The first step towards proper medication disposal is to pour the medication into a sealable plastic bag. If the medication is a solid, crush it or add water to dissolve it. Next, add coffee grounds, cat litter, sawdust (or any material that mixes with the medication and makes it less appealing for pets and children to eat) to the plastic bag. Seal the plastic bag and put it in the trash. The last step is to remove and destroy all identifying personal information (the prescription label) from all medication containers before recycling them or throwing them away. Patients should always refer to printed material accompanying their medication for any specific instructions. If you have any questions regarding safe medications and prescription disposal, please contact the Hazardous Materials Program of Barnstable County at the Cape Cod Cooperative Extension at (508) 375-6847 or (508) 375-6699.

IN MEMORIAM

Robert Callary

Francis Santos

HOLIDAY SHOPPING AT TRADER JOE'S & THE CHRISTMAS TREE SHOP

Join us on the COA van for a trip to Hyannis and enjoy some shopping at The Christmas Tree Promenade Plaza. There is a Joann Fabrics, Trader Joe's, Candy Shop, Candle Shop and of course, The Christmas Tree Shop. The van will leave the Truro COA at 8:30 A.M. and you can shop for a couple of hours and approximately return to the COA around 1 P.M.

Space is limited and reservations are a must.

Wednesday, December 8th
8:30 A.M.-1 P.M.



Tips for Staying Mentally & Emotionally Fit

- **Get Plenty of Rest**—Take frequent naps. Not only will they help calm your mind, but they can give you more energy. Make certain to devote a full seven to eight hours of sleep each night to sustain a proper balance of physical and mental health.
- **Get Physically Active**—Regular exercise is an excellent way to maintain a healthy lifestyle. Enjoying a long walk at a moderate pace allows you to reflect on your day while getting the blood flowing.
- **Eat Well**—**Whether it's tackling a** new recipe or reinventing a traditional one, cooking is a great way to eat well and have fun in the process.

REMINDER

APPOINTMENTS WILL BEGIN IN
FEBRUARY FOR THE AARP TAX
VOLUNTEERS .

COA GALLERY - DECEMBER

TRURO CENTRAL SCHOOL



KIM POSSEE
ART TEACHER
GRADES K-6



The COA Gallery will show the art of the Truro Central School students for December.

The opening reception will be on Sunday, December 5 from 2-4 P.M.
All are welcome.

COA GALLERY - JANUARY

AMANDA REED PHOTOGRAPHY

Amanda Reed is a year-round Truro resident since 2005. She is the Director of Certification Programs and Curriculum Development for Blackboard, Inc. Previous to that, she was an Assistant Professor at the Boston University School of Public Health. Amanda serves on the Town of Truro's Water Resources Oversight Committee, is a trustee of the Truro Conservation Trust and a board member of the Cape Cod Viewfinders camera club.

Amanda is an avid nature photographer with a special appreciation for birds. She will share images from the Galapagos Islands, Bonaventure Island in Northern Quebec and from Cape Cod. The opening reception will be **Sunday, January 9th from 2-4 P.M.**



DECEMBER COA CAFÉ

TUESDAY 12:30

\$7.50

DECEMBER 7

Lasagna with Meat Sauce
Green Salad

DECEMBER 14

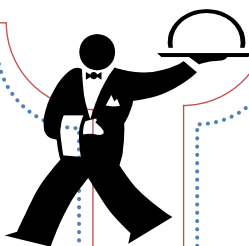
Cod Fish
with Fennel Orange
Tomato Sauce
Baked Winter Squash
& Vegetables

DECEMBER 21

Hearty Chicken Soup
Spinach Salad

DECEMBER 28

Beef Stroganoff
over Buttered Noodles



JANUARY COA CAFÉ

TUESDAY 12:30

\$7.50

JANUARY 4

Bacon, Onion & Swiss Quiche
Green Salad

JANUARY 11

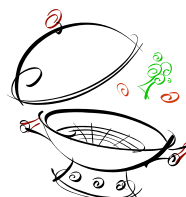
Turkey Pot Pie

JANUARY 18

Penne Broccoli & Mushrooms
with Tomato Cream Sauce
Salad

JANUARY 25

Almond Chicken Stir Fry with
Vegetables over
Basmati Rice



John Carbone's Friday at the Movies

December 3 MEET THE PARENTS
(2000) Robert DeNiro, Ben Stiller &
Blythe Danner



January 7 A KISS BEFORE DYING
(1956) Robert Wagner, Joanne Woodward,
Jeffrey Hunter & Mary Astor

December 10 BLACK NARCISSUS
(1946) Deborah Kerr & Jean Simmons

January 14 OUT OF THE PAST (1947)
Robert Mitchum, Kirk Douglas, Jane Greer
& Rhonda Fleming

December 17 MIRACLE ON 34TH
STREET (1947) Maureen O'Hara,
Edmund Gwenn & John Payne

January 21 MOGAMBO (1953)
Clark Gable, Ava Gardner & Grace Kelly

December 24 CLOSED for HOLIDAY

January 28 AMERICAN BEAUTY (1999)
Kevin Spacey & Annette Bening

John Carbone's Friday at the Movies will be shown at the Truro COA at 1:30 P.M. Movies are jointly sponsored by the Truro Library and the COA. Call if you need transportation @ 508-487-2462. Most DVD's have closed captioning and we can set it up if you call in advance. Movie & popcorn are served and people of all ages and any town are welcome .

READ BOOKS DONATED TO THE COA

Thank you to Mrs. Toni Marsh for donating numerous books to the Truro Council on Aging. Please stop in at the COA and borrow a few!



IT'S THAT TIME OF YEAR AGAIN TO SIGN UP FOR FUEL ASSISTANCE

Claudia Tuckey, a Truro resident, has volunteered to help process Fuel Assistance applications at the COA. Please note: you must apply for assistance on an annual basis. The sooner you start the process, the sooner you will receive help with your fuel bills.

Appointments will be on Tuesday and Thursday mornings. Please call The COA for more information.

A reminder that when you come in for your appointment please have with you:

- The last 4 weeks gross income for everyone in the household 18 years and older. All income must be documented such as Child Support, Odd Jobs, Veterans, **Pension, Social Security, etc...**
- Self-Employed must have a copy of 2009 federal tax return with all pages and schedules.
- Full time students need documentation from the school or college.

You will also need copies of:

- Complete electric bill
- Heating bill
- Mortgage, Homeowners Insurance, Real Estate Tax, or Lease
- Photo ID
- SS# and birth dates for all

MYSTERY BOOK CLUB

The Book Club meeting will be Friday, December 10th, at 12:30.

This month's read is LOOT THE MOON by Mark Arsenault. Call Russell Cherry – 349-6718 -or the Truro Library- 487-1125 to find out what the book will be for January.

HOLIDAY CAROLING WITH TRURO CENTRAL SCHOOL STUDENTS

The Truro Council on Aging will host the Truro Central School Students for a Holiday Sing Along on Tuesday, December 14th, at 1:15, immediately following the COA luncheon.

All are welcome!



Truro COA Needleworks

The Needlework Group that meets every Tuesday at 10 A.M., has decided to create projects that will be sold during Truro Treasures Weekend and donate all proceeds to Breast Cancer Awareness. If you would like to join in the group just come by, pour a cup of coffee and knit, crochet or hook to help out!

If you have any yarn you would like to donate for these projects....that would be great, too! For additional information please call 508-487-2462.



The Neuropathy Support Group will meet Wednesday, January 26 at the Orleans Council on Aging, 150 Rock Harbor Road, Orleans, from 2-4 P.M., featuring a presentation about Nauset Neighbors, a new non-profit organization whose goal is to help seniors remain independent in their own homes as long as possible.

The presentation is open to the public and will address questions about volunteering or joining to receive services. No reservations are required.

****AWARENESS****

It has been brought to our attention that there are erroneous phone calls being made to seniors indicating **that the “Truro Police Association” is looking for funds.** This is NOT the case. Please do not give out any information or donate any funds. **THIS IS A SCAM!**

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Friends of the Truro Council on Aging Officers: John Monahan, Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Jeanne Gainey, Lucie Grozier, Martha Ingrum, Florence Johnson, Diane Rose.

Council on Aging Officers: Joan Moriarty, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Carol Green, Joan Holt, Martha Ingrum, John Pendleton, Bernard Robbins, Kitty Stevens, Judith Thompson, Alternate; Claudia Tuckey. Staff: Susan Travers, Director; Donna Sutton, Assistant to COA Director; MaryEllen Duarte, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman, Farney Schneider and Chuck Zimmer, Van Drivers.

COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY

OTHER HOURS POSSIBLE BY APPOINTMENT— 508-487-2462

TRURO COUNCIL ON AGING
P. O. BOX 500
TRURO, MA 02666

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